

Virginia Marie Granados Adult and Senior Center Gazette

500 Freiling, San Antonio, TX 78213 (210) 207-3285

November &
December
2016

Visit us online @ www.sanantonio.gov/parksandrec

Christmas Dance

Dust off those dancing shoes and put on your Christmas outfit. “**Senior Moments**” band will have you moving and grooving to Christmas tunes on Thursday, December 8 from 11 a.m. to 1 p.m. Please bring your favorite finger food to share. Free.



Veterans Breakfast

Veterans, thank you for your service to our country. On Thursday, November 10 at 9 a.m. veterans, spouses, parents, and children of our military personnel are invited to this free breakfast to honor your service and sacrifices. Thank you to our sponsor, **River City Home Care**. Please RSVP by Nov. 8.

Decorating and Pajama Party

Help us get in the Christmas spirit on Wednesday, November 23 at 12 p.m. as we put the Christmas trees and decorations up around the center. Come in your pajamas and we'll drink hot cocoa, sing carols, and get in the Christmas spirit.

8th Annual Chili Cook-Off and Art Show

It's time to start digging up your Chili recipes and finishing your art projects for this big annual event on Friday, January 27. More information to follow.

Thanksgiving Potluck

The staff have a lot to be thankful for: the amazing instructors, volunteers, partner agencies, and members. What are you thankful for? Join us for a Thanksgiving potluck on Thursday, November 17 at noon. Sign up at front desk and let us know what side dish you will bring.

Thanksgiving Baskets

Granados will adopt some less fortunate families from Arnold Elementary and treat them to an unforgettable Thanksgiving; one to be thankful for indeed. We will collect food items for a complete Thanksgiving meal for these needy families in our own neighborhood. Sign up to donate items at the front desk at Granados and turn in your food by November 18.

Be a Santa to a Senior

Spread the Joy this season as we put smiles on the faces of the seniors at *Alamocare Adult Activity Center*. It's as simple as 1, 2, 3. First: Take an ornament from our tree; 2. Sign out the ornament with staff; and 3. Buy a gift listed on the ornament, place it in a gift bag, and turn it into Granados no later than December 14. Thanks for making the season bright.

Hours of Operation:

Monday & Wednesday

8 a.m. - 7 p.m.

Tuesday & Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 6 p.m.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities. Granados Adult and Senior Center is operated by the Parks and Recreation Department and is a place “where friends meet.” The annual participation fee is \$7 for those 60 and older, \$15 for adults 18 to 59 years of age.

Staff

Nancy Durham

Stephanie Mercado

Michael Sandoval

Holiday Closures

Granados will be closed

Friday, November 11

Thursday & Friday, November 24 & 25

Monday, December 26

*No programs planned Dec. 19-30.
Classes will resume January 2, 2017.*

Inside this issue:

Computer Classes, Trips & Tours 2

November Calendar of Events 3

December Calendar of Events 4

Health & Wellness 5

Arts & Crafts, Games, THANKS 6

Computer & Technology Classes

Computer Lab Monitor

One-on-one computer assistance is available on a drop-in basis by volunteer Sylvia Guerra Tuesdays from 2 to 3 p.m. Free.

Register in advance for the following FREE computer class.

Excel

Wednesday, November 16 from 1-3 p.m.
Learn how this spreadsheet program can help with a variety of tasks. Volunteer Instructor: Jim Long

Smart Devices & Computer Clinic

George Sohocki, **A to Z Helpers**

Will return in January

Educational Programs

Veteran Benefits

As we celebrate our veterans, Colonel Glenn Hover from **Vitas Healthcare** will teach us about the history of Veteran's Day, Honor Flight, and Aid & Attendance packages. He will be at Granados Wed, November 16 at 9:30 a.m. with his squadron patch collection and refreshments. Bring your Tri-Care and Medicare questions and learn about the many benefits available to veterans.

Sudoku Puzzles - Fridays at 11 a.m.

Challenge your brain. Learn simple tricks to solve these puzzles. Drop in any time and volunteer Lee Clark will help you.

"Write from the Heart"

Fridays, Nov. 4, 18, Dec. 2, 9, 16 from 10-11 a.m.
Fun, thought provoking class with volunteer Lainie Flores. Keep your brain active while reminiscing and writing. Sharing your work with the class is optional; Sharing those memories with your family is encouraged.

A Matter of Balance (AMOB)-Fall Prevention

Do you stay home because you're afraid of falling? Learn and share tips to avoid falling and perform simple exercises to strengthen your lower body. This 8-week class meets Tuesdays, October 25-December 13 from 1:30-3:30 p.m. New students may join until November 8.

Un-decorating Party

When the holidays are over help put away all the decorations and get ready for the New Year. Join us Thursday, December 29 at 10 a.m. as we take down our trees and decorations.

Nutrition & Health Classes

Nutrition FYI with the Food Bank

Melissa Rodriguez will take the holidays off but will return in time to help you stick to your New Year's resolutions. Keep an eye out for dates and topics in the next newsletter.

Blood Pressure & Blood Sugar Checks

2nd Wed., November 9 & Dec. 14, 9:30-10:30 a.m.

4th Wed., November 23 from 11 a.m.-12 p.m.

FREE screenings offered by *Morningside Manor* and *Progressive Skilled Home Health*. Fasting will give you more accurate numbers.

Container Gardening

Don't forget to keep up with your pots even as the colder weather approaches.

Tip Top Café Thanksgiving Meal

Check with Granados staff for the details of this meal.

A **Family Service Association** youth group will serve the meal. Space is limited. Free.



Karaoke Fun

Get those voices ready to karaoke Christmas tunes Wednesday, December 14 at 10:30 a.m. **NewForest Estates** will join us and bring light refreshments. Come ready to have a jolly good time.

Trips and Tours

Prior to registering for a trip, please check your schedule to ensure you are available to go.

November Outing

Monday, November 14 from 9:30 a.m.-12:30 p.m.

Wolfson House Craft Show

Bring your Christmas list and enjoy homemade crafts

November Gourmets on the Go

Wednesday, November 30 from 11 a.m.- 12:30 p.m.

BurgerFi

Yummy all Natural burgers cooked to perfection

December Outing

Tuesday, December 13 at 5:30 p.m.

Christmas Lights Viewing

Get in the spirit and view the lights around town

December Gourmets on the Go

Thursday, December 1 at 10:30 a.m.

Louie Italian Restaurant

Let's try out this new Italian restaurant in town

Granados 500 Freiling, San Antonio, TX 78213 (210) 207-3285 November 2016

Monday 8 a.m.-7 p.m.	Tuesday 8 a.m.-8 p.m.	Wednesday 8 a.m.-7 p.m.	Thursday 8 a.m.-8 p.m.	Friday 8 a.m.-6 p.m.
*pre-registration or fee required	1 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm AMOB 2 of 8 * No Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp *	2 9am Stretch & Flex 9:30am Cardio Fun 10am Pilates 11am Guided Meditation 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2:30pm Arts & Crafts * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance	3 8:15am Blitz 9am Beg. Guitar 5 of 9* 10am Scrabble 10am Keyboard 5 of 9* 11am Int. Guitar 5 of 9* 12:30pm Gentle Fitness 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp *	4 9am Stretch & Flex 9:30am Cardio Fun 10am Write from the Heart 10am FIP Line Dancing 11am FIP Folklorico Fitness Dance 11am Sudoku 12:30pm Texas Hold 'Em 12:30pm Adv. Line Dance 4-8pm Bravo Art Show at Commander's House
7 9am Stretch & Flex 9:30am FIP Modified Tennis 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing	8 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm AMOB 3 of 8 * No Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp *	9 9am Stretch and Flex 9:30am Cardio Fun 9:30 Blood Press / Sugar 10am Pilates 11am Yoga 12:30 FIP Belly Dance 1:30 FIP Caribe Rico 2:30 Arts & Crafts w/ Irene * 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance	10 8:15am Blitz 9am Veterans Breakfast * 9am Beg. Guitar 6 of 9* 10am Scrabble 10am Keyboard 6 of 9* 11am Int. Guitar 6 of 9* 12:30pm Gentle Fitness 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp *	11  Closed in observance of Veterans Day
14 9am Stretch & Flex 9:30am FIP Modified Tennis 9:30am Wolfson House Outing* 10:30am FIP Pickleball 11:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing	15 9am Canasta 10am Tai Chi 11am Sit & Stitch 11:15am Beg. Line Dance 12:30pm Gentle Fitness 1pm Open Art Studio 1:30pm AMOB 4 of 8 * No Adv. Line Dancing 2pm Computer Lab Monitor 5:30pm Total Body Toning 6:45pm Boot Camp *	16 9am Stretch & Flex 9:30am Cardio Fun 9:30am Veterans Benefits 10am Pilates 11am Yoga 12:30 FIP Belly Dance 1pm Excel * 1:30 FIP Caribe Rico 2:30pm Arts & Crafts 3pm Social Dance 3:30pm Crochet Group 5:30pm Fitness Dance	17 8:15am Blitz 9am Beg. Guitar 7 of 9* 10am Scrabble 10am Keyboard 7 of 9* 11am Int. Guitar 7 of 9* Noon Thanksgiving Potluck * No Gentle Fitness 1:30pm Advanced Line Dance 2pm Open Art Studio 5:30pm Total Body Toning 5:30pm Guided Fitness 6:45pm Boot Camp *	18 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Line Dancing 10am Write from the Heart 11am FIP Folklorico Fitness Dance 11am Sudoku 12:30pm Texas Hold 'Em 12:30pm Int./Adv. Line Dance Workshop
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19	20	21	22	23
Center open for self-lead programs				
26  Closed in observance of Christmas	27	28	29 10am Un-decorating Party	30
Center open for self-lead programs				
				*pre-registration or fee required

Health and Wellness Programs *Please be courteous and wait for classes to finish before entering the room.*

Get Fit at Granados!

Mix and match during the week for a total body workout. *Check with your physician before starting a new exercise program.*

Stretch & Flexibility

Increase flexibility, energy level, and tone your muscles. Low intensity.

Date: Monday, Wednesday & Friday

Time: 9-9:30 a.m.

Cost: **Free**



Cardio Fun

A moderate intensity workout to get your heart rate up while having fun.

Date: Wednesday & Friday from 9:30-10 a.m.

Cost: **Free**

FIP Modified Tennis

A new way to play tennis indoors.

Date: Mondays from 9:30-10:30 a.m.

Cost: **Free**

FIP Pickleball

Learn to play this fun paddle sport indoors and get your heart rate up.

Date: Mondays from 10:30-11:30 a.m.

Cost: **Free**

Fitness Dance (Similar to Zumba)

Incorporate dance moves that'll have you burning calories.

Date: Mondays from 5-5:45 p.m.

and Wednesdays from 5:30-6:30 p.m.

Volunteer Instructor: Rosie Diaz

Cost: **Free**

Evening Line Dancing

Beginning to intermediate level.

Date: Mondays from 6-7 p.m.

Volunteer Instructor: Mary Stahl

Cost: **Free**

Tai Chi Chuan

Slow-motion, meditative exercises to help with relaxation, balance, and health.

Date: Tuesdays, 10-11 a.m.

Volunteer Instructor: Cathy Pedraza

Cost: **Free**

Ultra Beginning Line Dance

Learn simple line dances in a fun, relaxed atmosphere. Partners are not needed.

Date: Tuesdays, 11:15 a.m.-12:15 p.m.

Volunteer Instructor: Barbara Humlicek

Cost: **Free**

Gentle Fitness

Similar to Stretch & Flex. Combine seated and standing exercises to increase balance and flexibility. Low intensity.

Date: Tuesday & Thursday, 12:30-1 p.m.

Cost: **Free**

Advanced Line Dancing

Practice a variety of dances with little instruction given. Advanced level.

Date: Thursday, 1:30-3:30 p.m.

No Tuesday class in November / December

Volunteer Instructor: Letty Gonzales

Cost: **Free**

Total Body Toning (Step Aerobics)

Moderate to high intensity class using steps.

Bring light hand-weights & a mat.

Date: Thursdays, 5:30-6:30 p.m.

Volunteer Instructors: Blanca Espinosa,

Yoli Perez, Nati Rodriguez

Cost: **Free**

Boot Camp & Cardio

High intensity class using a variety of techniques for a full body workout.

Date: Tuesday & Thursday, 6:45-7:45 p.m.

Instructor: Nati Rodriguez

Cost: **Free**

Pilates- Whole Body Fitness

Focus is on core strength, flexibility, and increased range of motion. Adaptable to many fitness levels. Bring a mat.

Date: Wednesdays, 10-11 a.m.

Volunteer Instructor: Adiba Twigg,

Personal Wellness Coach

Cost: **Free**

Yoga for All Levels

Lower your blood pressure and stress level.

Modifications are made so you don't have to lie on the floor. Bring a mat and towel.

Date: Wednesdays, 11 a.m.-12 p.m.

Volunteer Instructor: Adiba Twigg

Cost: **Free**

Guided Meditation & Yoga

Per your request, Adiba will lead a guided meditation session once a month followed by Yoga. November 2 & December 7 at 11 a.m.

FIP Belly Dance Exercise

Relax your mind as well as your body and work seldom used muscles. Class is low to moderate intensity and held indoors.

Date: Wednesdays, 12:30-1:30pm

Instructor: Yirla Ayala, FIP

Cost: **Free**

FIP Caribe Rico Moderno

Dance Exercise

Cardio class with a Latin flare. Moderate to high intensity and held indoors.

Date: Wednesdays, 1:30-2:30pm

Instructor: Yirla Ayala, FIP

Cost: **Free**

Social (Ballroom) Dancing

Partners are not required and all levels are invited to begin at any time.

Date: Wednesdays, 3-4 p.m.

Volunteer Instructors: Lee Clark, Sandy Hu

Cost: **Free**

Guided Fitness

Michael will help you learn how to use the fitness equipment and develop a workout routine in the Fitness Room.

Date: Thursdays, 5:30-6:30 p.m.

Cost: **Free**

FIP Line Dancing

Aimed at the beginning to intermediate line dancer. Warm up and stretch then learn popular dances in easy to learn steps. Class held indoors.

Date: Fridays, 10-11 a.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

FIP Folklorico Fitness (Zapateado)

Introduction to Mexican Folklorico. Dance shoes or skirt not required. Moderate intensity. Class held indoors.

Date: Fridays, 11 a.m. to 12 p.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

Line Dance Workshop

Practice a variety of dances geared toward intermediate to advance dancers.

Date: Fridays, 12:30-3:30 p.m.

Instructor: Letty Gonzales

Cost: **Free**

Fitness Room

Available during regular center hours. Ask staff for assistance when using the equipment for the first time & sign the clipboard each use.

3 Treadmills • Dumbbells • Seated Stepper
Multi-Station Gym • Semi-



FIP Classes

Reminder: Fitness in the Park (FIP) classes at Granados are open to adults 18+ years of age, require no registration or membership fees, and are held indoors. Call 207-3285 for more information.

Arts and Crafts

Bravo Art Show

The public is invited to this senior artist competition and exhibition at Commander's House on Friday, November 4 from 4-8 p.m. with an awards ceremony at 6 p.m. Enjoy artists creation stations, entertainment, and light refreshments. Free.

Acrylic Painting Class

Mondays, On-Going, from 2-4 p.m.

Bring your painting supplies & learn to paint. Cost is \$15 per month. No classes scheduled the month of December. Fee payable to instructor Lillie Baltazar.

Sit & Stitch

Tuesdays, Nov. 1-Dec. 13 from 11 a.m.-12:30 p.m.

Learn to make rugs out of plastic grocery bags and old t-shirts. Volunteer Monica Salyer teaches how to make "Plarn" or you can bring your own project. Drop in any time.

Open Art Studio

Tuesdays, On-Going from 1-3 p.m. and

Thursdays, On-Going from 2-5 p.m.

Discover your creative side by painting or using this time and space to finish your other craft projects. Instruction is not provided. Bring your own supplies.

Arts & Crafts with Stephanie

Wednesdays at 2:30 p.m.

Check the sign-in book for supply list. Pre-register.

November

- 2 - Pin Wheels
- 9 - Yarn Wreath w/Irene
- 16 - Cinnamon Candle
- 23 - Pumpkin Center Piece
- 30 - Snowman Ornament

December

- 7 - Christmas Banner w/Irene
- 14 - Christmas Shoes
- 21 - No Crafts
- 28 - No Crafts

Crochet Group

Wednesdays at 3:30 p.m.

Learn to crochet and make items for the wounded warriors. Volunteer instructors are Gloria Castillo and Karen Smiley.

Donations of yarn are always welcome.

Music Classes

Session 6: October 6– December 15 (No class Dec 8)

Fee per Session: \$30 Adults 60+; \$60 Adults 18-59

Thursdays - Instructor: Javier Garcia

* *Beginning Guitar*.....9 to 10 a.m.

* *Keyboarding*.....10 to 11 a.m.

* *Intermediate Guitar*....11 a.m. to Noon



Cards and Games

Mah Jongg

Date: Mondays

Time: 11:30-2:30 p.m.

"No Frills" Bunco

Date: Mondays

Time: 1-2:30 p.m.

Bingo

Date: Mondays

Time: 2:45-3:45 p.m.

Canasta

Date: Tuesdays

Time: 9 a.m.-Noon

Blitz

Date: Thursdays

Time: 8:15-10 a.m.

Scrabble

Date: Thursdays

Time: 10 a.m.-Noon

Texas Hold 'Em

Date: Fridays

Time: 12:30-3:30 p.m.



A Round of Applause to...

Gentiva Hospice-Camille Torrez for Life After Loss; **Aetna**-Sylvia Zamarrita for Talent Show refreshments and Medicare 101; **United Healthcare**-Honore Ligarde for movie and popcorn; Mike Gallagher of **Morningside Manor** and Erica Naranjo of **Progressive Skilled Home Health** for Blood Pressure/Sugar checks; Lisa Autry of **Avionn Home Health Care** for Grandparent's Day cake; **Gentiva Hospice** Andrea Smith for Be Prepared Presentation; George Sohocki- **A to Z Helpers** for Smart Devices & computer classes; **S.A. Food Bank**-Melissa Rodriguez for Nutrition FYI; Adiba Twigg, **Personal Wellness Coach**, for Pilates & Yoga; **Blanco Villa and Riverview Nursing and Rehab** for Halloween costume contest prizes, Sylvia Reyna-**San Antonio Public Library** for Genealogy class; **Walgreens** for Flu shots; **AgriLife**-Violeta Manzano; and our wonderful instructors & volunteers-Jean & Richard Arredondo, Alfredo Avila, Yirla Ayala, Lillie Baltazar, Del Brau, Diana Canavan, Gloria Castillo, Lee Clark, Rosie Diaz, Blanca Espinosa, Lainie Flores, Javi Garcia, Letty Gonzales, Sylvia Guerra, Suzy Hawks, Brian Henderson, Cathy Hoy, Sandy Hu, Barbara Humlicek, Ann Koch, Mae Kotzur, Jim Long, Tera Marshall, Bianca Mendoza, Vernice Miller, Roger Montalvo, Emma Moya, Roger Ojeda, Lupe Pacheco, Cathy Pedraza, Yoli Perez, Nati Rodriguez, Monica Salyer, Karen Smiley, Mary Stahl, Dolores Yruegas.

THANK YOU !!!

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, The Commander's House Adult and Senior Center at 622 S. Flores (210) 207-3010, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-8570 for Voice/TTY assistance.



PARKS & RECREATION
SAN ANTONIO